Neue. 1622.

A new Almanacke, and Prognostication, with the Forraine Computation, seruing for the yeare of our Lord and Saviour Iesus Christ.

1622.

Being the second yeare, after the Bissextile or Leape yeare.

Rectified for the Elevation of the Pole Articke, and Meridian of the famous Towne of great Yarmouth in Norfolke; and may serue generally for the most part of Great Britaine.

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The Contents of this double Kalender for the yeere of our Lord God. 1622. which is the second yeere after the Bissextile or Leape yeere, according to the Accompt and Computation of the Church of England.

The Prime or Golden Number. 8.
The Circle of the Sunne. 7.
The Epact. 28.
The Dominicall Letter. f
The Roman Indiction. 5.
The space betweene Christmas and Shroue sunday, is nine weekes and 5. dayes.

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Betweene Easter & Ascention, is 5. weekes, & 3. dayes.
Betweene Whitsunday & Midsum. is 2. week. & a day.
Betweene Midsum. & Barthol are 8. weeks & 4. dayes.
Betweene Barthol. & Al Saints, are 9. week. & 3. dayes

The Forraine Computation.

The Golden Number. 8.
The Circle of the Sunne. 7.
The Epact. 18.
The Dominicall Letter. E
The Roman Indiction. 5.

Shroue sunday.	Febzuary	6.
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The space betweene Christmas and Shroue sunday, is fiue weekes and one day.

FRom the Creation of the world, vntill this present yeere of our Lord God. 1622.	5592
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Since the building of the Citie of Rome.	2373
Since Nabuchadonozer the King.	1370
Since Alexander the Great dyed.	1946
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Since England receiued the Christian Faith.	1442
Since the Danes entered England.	604
Since the Conquest of England.	555
Since the Science of Printing was inuented.	161
Since King Henry the 8. wonne Bulloigne.	78
Since Kettes Rebellion at Norwich.	73
Since the Infectious sweating sickenes.	65
Since St. Paules steeple burned by Lightning	61
Since the great Plague at New hauen.	59
Since the Earles Rebellion in the North.	53
Since the blazing Starre and Frostie winter.	50
Since the fierie Apparition in the Heauens.	48
Since the deepe Snow.	43
Since the generall Earth-quake in England.	41
Since the Campe at Tilbury in Essex.	34
Since the last Earth-quake in England.	20
Our Kings Maiesties Raigne, whom the King of Heauen graunt long and prosperously to Raigne ouer vs. Amen.	20

The Anatomie of mans body, as the parts thereof are gouerned by the twelue Cœleſtiall Signes.

Aries, **Head and face**: Taurus, **the Necke and throat**: Gemini, **the Armes and ſhoulders**: Cancer, **the breaſt and ſtomacke**: Leo, **Heart and backe**: Virgo, **Guts and belly**: Libra, **Reines and buttockes**: Scorpio, **Secrets and members**: Sagitarius **the thighes**: Capric. **the knees**: Aquarius, **the leggs**: Pisces, **the feete.**

Now if your body in health will keepe,
Warme meates for it is very meete:
Fly Physicke, Sloath, and Venery,
Auoyde all Bathes most carefully.

1	a	New yeare d	Cap. 18.	11	d	● The new moon	
2	b	Octa of Ste.	Aqua. 0	12	e	the first day, 21. min	
3	c	Oct. of Joh.	Aqu. 13	13	f	after 5. of the clocke	
4	d	Oct. of Inno	Aqu. 25	14	g	at night,	
5	e	Edward dep.	Pisc. 7	15	a		
6		Circiith day	Pisc. 19	16		☽ The first quar=	
7	g	Wed. com. in	Aries 1	17	c	ter the 9. day, 43.	
8	a	Lucian pr.	Ari. 13	18	d	min. after 5. of the	
9	b	Agap. Virg.	Ari. 26	19	e	clocke at night,	
10	c	Pol in Aquar.	Tau. 9	20	f		
11	d	Linus Mar.	Tau. 21	21	g		
12	e	Archa. Mar	Gem. 3	22	a	○ The full moon	
13		1. sun aft. Ep	Gem. 16	23		the 17. day, 9. min.	
14	g	Felix pr.	Gem. 29	24	c	after 6. of the clock	
15	a	Maurice Ab	Can. 12	25	d	in the morning.	
16	b	Marcellus	Can. 26	26	e		
17	c	Anthony.	Leo 10	27	f	☾ The last quar=	
18	d	Prisca virg	Leo 24	28	g	ter the 22. day, 21.	
19	e	Wolfton. bish	Vir. 8	29	a	min. after 10. of the	
20		2. sun. aft. Ep	Virg. 23	30		clocke at night.	
21	g	Agnes virg.	Lib. 8	31	c		
22	a	Vincent mar	Lib. 22	1	d	February. 1622.	
23	b	Term begin	Scor. 7	2	e	Purification of Mary	
24	c	Timothie	Scor. 21	3	f		
25	d	Con. of Paul	Sag. 5.	4	g		
26	e	Policarp. bi	Sag. 19	5	a		
27		3. sun. aft. epi	Cap. 2	6		Shrouetuesday.	
28	g	Agnes the le.	Cap. 15	7	c	● The new moon	
29	a	Valerius bi	Cap. 27	8	d	the 31. day, 58. min.	
30	b	Batild Que	Aqu. 10	9	e	after 9. of the clocke	
31	c	Saturn. & vir	Aqu. 22	10	f	in the forenoone.	

February hath xxviij. dayes

This Moneth as yet no Physicke vse,
For feare that you your selfe abuse:
Bleed not nor Bathe, be ruld by me,
Except vpon necessitie.

1	d	Briget. Fast	Pisc.	4	11	g	
2	e	Purif of M	Pisc.	16	12	a	
3	f	4 sun. aft. Ep.	Pisc.	27	13	B	☽ The first quar=
4	g	Gilbert conf.	Aries	9	14	c	ter the 8. day, about
5	a	Agath. vir.	Ari.	21	15	d	two of the clocke in
6	b	Dorothy vir.	Tau.	3	16	e	the afternoone.
7	c	Angle Bish.	Tau.	15	17	f	
8	d	Fol. in Pisces.	Tau.	28	18	g	
9	e	Apolonius	Gem.	10	19	a	● The full moon
10	f	5 sun. aft. Ep.	Gem.	23	20	B	the 15. day, about 5.
11	g	Enfragie vir	Can.	7	21	c	of the clocke in the
12	a	Tertie ends.	Can.	20	22	d	afternoone.
13	b	Wolstan	Leo	4	23	e	
14	c	Valentine.	Leo	18	24	f	Mathias Apostli.
15	d	Fawstine.	Virg.	3	25	g	
16	e	Julian vir.	Virg.	18	26	a	
17	f	Septuagessi.	Libr.	2	27	B	
18	g	Simeon bish	Libr.	18	28	c	
19	a	Sabine mar.	Scor.	2	1	d	March. 1622.
20	b	Mildred vir	Scor.	17	2	e	
21	c	69 marters.	Sag.	1	3	f	
22	d	Cath. S. Pe	Sag.	15	4	g	
23	e	Polic. Fast	Sag.	28	5	a	☾ The last quar=
24	f	Mathias A	Cap.	12	6	B	ter the 22. day about
25	g	Inner. of Pa	Cap.	25	7	c	8. of the clocke in the
26	a	Alexan. bish.	Aqua.	7	8	d	morning.
27	b	August. bish.	Aqu.	19	9	e	
28	c	Oswald bish.	Pisc.	1	10	f	

Now March begins the Springing time,
The Sunne hath got the equall line:
Vse Physickes Art, and all thy skill,
To helpe Diseases that be ill.

1	d	Dauid bish.	Pisc. 13	11	g	
2	e	Chade bish.	Pisc. 25	12	a	● The new moon
3	f		Aries 6	13	b	ỹ 2. day, 46. min. af-
4	g	Adrian mar.	Aries 18	14	c	ter 3. of the clocke in
5	a	Focus & eul.	Tau. 0	15	d	the morning.
6	b	Wed go out	Tau. 12	16	e	
7	c	Perpetu	Tau. 24	17	f	
8	d	Depo. S. Fe	Gem. 6	18	g	
9	e	40 martirs.	Gem. 19	19	a	☽ The first quar=
10	f		Can. 1	20	b	ter, the 10. day, 39.
11	g	Quirion clar.	Can. 15	21	c	min. after 6. of the
12	a	Gzigozie bish	Can. 28	22	d	clocke in the moz=
13	b		Leo 12	23	e	ning.
14	c	Peter mar.	Leo 27	24	f	
15	d	Longine ma.	Vir. 11	25	g	
16	e	Bonifa. bish	Vir. 26	26	a	
17	f	Remin.	Lib. 11	27	b	● The full moon
18	g	Edward K.	Lib. 26	28	c	the 17. day, 25. min.
19	a	Joseph mar.	Scoz. 11	29	d	after 2. of the clocke
20	b	Cutbert bish.	Scoz. 26	30	e	in the morning.
21	c	Benedic. Ab.	Sag. 10	31	f	
22	d	Affrodo. bish.	Sag. 24	1	g	
23	e	Theodoz. fast	Cap. 8	2	a	☾ The last quar=
24	f		Cap. 21	3	b	ter the 23. day, 46.
25	g		Aqu. 4	4	c	min. after 7. of the
26	a	Castoz mar.	Aqu. 16	5	d	clocke at night.
27	b	Martianus	Aqu. 28	6	e	
28	c	Dozothy vir:	Pisc. 10	7	f	● The new moon
29	d	Quintine	Pisc. 22	8	g	the 31. day, 9. min.
30	e	Quirine.	Aries 4	9	a	after 9. of the clocke
31	f	Adelme bish.	Aries 15	10	b	at night.

This Aprill with his Stormy ſhewers,
Doth make the earth yeeld pleaſant flowers:
Purge well therefore for it is good,
To helpe thy body and cleanſe thy blood.

1	g	Theodore bi	Ari. 27	11	c	
2	a	Mary Egipt	Tau. 9	12	d	
3	b	Richard biſh	Tau. 21	13	e	
4	c	Florian.	Gem. 3	14	f	☽ The firſt quar=
5	d	Martian	Gem. 15	15	g	ter the 8. day, 37.
6	e	Sixtus biſh	Gem 27	16	a	min. after 7. of the
7	f	Enſe. Virg.	Can. 10	17	b	clocke at night.
8	g	Egiſippus.	Can. 23	18	c	○ The full moone
9	a	Perpetue.	Leo 7	19	d	the 15. day, 51. min.
10	b	Sol in Tauro	Leo 21	20	e	after 10 of the clock
11	c	July Conf.	Virg. 5	21	f	in the forenoone.
12	d	Oſwald Arc	Virg. 20	22	g	
13	e	Zenone.	Lib. 5	23	a	St. George.
14	f	Palme ſund.	Lib. 20	24	b	
15	g	Iſidore mar.	Scor. 5	25	c	Marke Euangeliſt
16	a	Oliffe Conf.	Sco. 20	26	d	
17	b	Coſme.	Sag. 9	27	e	☾ The laſt quar=
18	c	Valerian.	Sag. 18	28	f	the 22. day, 31. min.
19	d	Alphege biſh	Cap. 2	29	g	after 9. of the clocke
20	e	Victor. Pal	Cap. 16	30	a	in the forenoone.
21	f	Eaſterday.	Cap. 29	1	b	May. 1622.
22	g	Sather virg	Aqua. 12	2	c	
23	a	S. Geoꝛge.	Aqu. 25	3	d	
24	b	Wilfrid biſh.	Piſc. 7	4	e	● The new moon
25	c	Mark Euan	Piſc. 19	5	f	the 30. day. 21. min.
26	d	Clere biſh.	Aries 1	6	g	after 1. of the clocke
27	e	Anaſta. biſh.	Aries 13	7	a	in the afternoone.
28	f	Vitalis.	Arie. 25	8	b	
29	g	Wed com in.	Tau. 6	9	c	
30	a	Erkenwald.	Tau. 18	10	d	

Now gallant May in his array,
Doth make the fieldes pleasant and gay:
Walke earely now for thy healths sake,
And still thou mayst some Physicke take.

1	b	Philip & Ja.	Gem. 0	11	g	
2	c	Athanasius.	Gem. 12	12	f	
3	d	Inuen. Crof	Gem. 24	13	g	
4	e	Florian.	Can. 7	14	a	
5	f	2. su. aft. East	Can. 20	15	b	Whitsunday.
6	g	Jo. Port La	Leo 5	16	c	☽ The first quar=
7	a	Joh. of Beu.	Leo 16	17	d	ter the 8. day, 48.
8	b	Cerne begi.	Virg. 0	18	e	min. after 4. of the
9	c	Transl. of N.	Vir. 15	19	f	clocke in the moz=
10	d	Gordian.	Vir. 29	20	g	ning.
11	e	Sol in Gem.	Lib. 14	21	a	
12	f	3. su. aft. East	Lib. 29	22	b	Trinity sunday.
13	g	Sernatius.	Sco. 13	23	c	● The full moon
14	a	Bonif. Con.	Sco. 28	24	d	the 14. day, about 7.
15	b	Isidore mar.	Sag. 13	25	e	of the cloacke at
16	c	Brandini bi	Sag. 27	26	f	night.
17	d	Dioscor mar	Cap. 10	27	g	☾ The last quar=
18	e	Dunstan	Cap. 24	28	a	ter the 22. day, 8.
19	f	4. su. aft. East	Aqua. 7	29	b	min after one of the
20	g	Bernard El	Aqu. 20	30	c	clocke in the moz=
21	a	Helen Que.	Pisc. 3	31	d	ning.
22	b	Julian Virg	Pisc. 15	1	e	June. 1622.
23	c	Dissder mar	Pisc. 27	2	f	
24	d	Adelme bish	Aries 9	3	g	
25	e	Augustine	Ari. 21	4	a	
26	f	Rogation	Tau. 3	5	b	● The new moon
27	g	Wed. goe out	Tau. 15	6	c	the 30. day, 24. min.
28	a	Aug of En.	Tau. 27	7	d	after 3. of the clocke
29	b	Cor on mart	Gem. 9	8	e	in the moz̃ning.
30	c	Ascen. day	Gem. 21	9	f	
31	d	Petronil bir.	Can. 4	10	g	

This Moneth of Iune vse Clarified whay,
Boyled with Colde hearbes drinke alway:
From violent exercise now abstaine,
Except thou wilt in trouble remaine.

1	e	Nichome.	Can.	17	11	a
2	f	Exandi.	Leo	0	12	b
3	g	Trine cuda	Leo	13	13	c
4	a	Procius con	Leo	24	14	d
5	b	Bonifa. bish	Virg.	10	15	e
6	c	Melone Ar.	Virg.	25	16	f
7	d	Transl. Mol.	Lib.	9	17	g
8	e	Mil. ar. fast	Lib.	25	18	a
9	f	Whit-sun.	Scor.	8	19	b
10	g	Transl. Ene.	Sco.	23	20	c
11	a	Sol in Can.	Sag.	7	21	d
12	b	Ember wee.	Sag.	21	22	e
13	c	Anthony	Cap.	5	23	f
14	d	Basill Bish.	Cap.	19	24	g
15	e	Vite & Mod.	Aqua.	2	25	a
16	f	Trinitie sun	Aqu.	15	26	b
17	g	Wed. com in	Aqu.	28	27	c
18	a	Marceline.	Pisc.	10	28	d
19	b	Gervatius.	Pisc.	23	29	e
20	c	Corpus Chr	Aries	5	30	f
21	d	Term begin	Aries	17	1	g
22	e	Albane fast	Ari.	29	2	a
23	f	1 sun. af. Tr.	Tau.	11	3	b
24	g	John Bap.	Tau.	23	4	c
25	a	Transl. Elig	Gem.	6	5	d
26	b	John & Paul	Gem.	18	6	e
27	c	S Crescence	Can.	1	7	f
28	d	Leo bi. Fast	Can.	13	8	g
29	e	Peter Apo.	Can.	26	9	a
30	f	2 sun. af. Tri.	Leo	10	10	b

☽ The first quarter the 6. day, about 11. of the clocke in the forenoone.

● The full moon the 13. day, 48. min. after 3. of the clocke in the morning.

John Bapt.

☾ The last quarter the 20. day, 48. after 5. of the clocke in the afternoone.

July. 1622.

● The new moon the 28. day, 48. min. after 3. of the clocke in the afternoone.

Now in Iuly Dog dayes begin,
The Riuers are best to bathe in:
To take hote drinkes be not to bolde,
But vse Hearbes which be moyst and colde.

1	g	Oct. Jo. bap.	Leo	23	11	c	
2	a	Visit of Ma.	Virg.	7	12	d	
3	b	trans. of Th.	Virg.	21	13	e	☽ The first quar=
4	c	trans. of Ma.	Libr.	5	14	f	ter the 5. dsy, 27.
5	d	Zoe virgin.	Libr.	20	15	g	min. after 3. of the
6	e	Oct. of Peter	Sco.	4	16	a	clocke in the after=
7	f	3 sun af. Tri	Sco.	19	17	B	noone.
8	g	Chilian	Sag.	3	18	c	
9	a	Cirill Bish.	Sag.	17	19	d	● The full moon
10	b	Term endes.	Cap.	1	20	e	the 12. day, 55. min.
11	c	tran. of Ben.	Cap.	14	21	f	after 1. of the clocke
12	d	Nabor & Fel	Cap.	28	22	g	in the afternoone.
13	e	Sol in Leo.	Aqu.	11	23	a	
14	f	4 sun. af. Tri	Aqu.	23	24	B	
15	g	tran. of Sim	Pisc.	6	25	c	James Apostle.
16	a	Tran of Os.	Pisc.	18	26	d	
17	b	Kenelme Ki.	Aries	0	27	e	☾ The last quar=
18	c	Arnulph bish	Aries	12	28	f	ter the 20. day, a=
19	d	Dog day be.	Ari.	25	29	g	bout 11. of the clocke
20	e	Margar vir	Tau.	7	30	a	in the forenoone.
21	f	5 sun. af. Tri.	Tau.	19	31	B	
22	g	Mar. Mag.	Gem.	1	1	c	August 1622.
23	a	Apoline bish	Gem.	14	2	d	
24	b	Christi. fast	Gem.	26	3	e	
25	c	James Apo.	Can.	9	4	f	
26	d	An mo. of M	Can.	22	5	g	● The new moon
27	e	Martha.	Leo	5	6	a	the 28. day, 23. min.
28	f	Sampf. bish.	Leo	19	7	B	after 2. of the clocke
29	g	Felix & his.	Virg.	3	8	c	in the morning.
30	a	Abdon & Se	Virg.	17	9	d	
31	b	German bish	Libr.	1	10	e	

This Month of August take good heede,
For now will many Surfets breede:
Let little Sleepe thee now Content,
If that Diseases thou wilt prevent.

1	c	Lammas da.	Lib.	16	11	f
2	d	Steuen.bish	Scor.	1.	12	g
3	e	Inue.of St.	Sco.	16.	13	a
4	f	7.sun af. Tri	Sag.	0	14	b
5	g	Solwines con	Sag.	14	15	c
6	a	Transfigura	Sag.	28	16	d
7	b	Donatus.	Cap.	11	17	e
8	c	Ciriacke & his	Cap.	24	18	f
9	d	Rom. Mar.	Aqua	7	19	g
10	e	S. Lawren.	Aqua	20	20	a
11	f	8.sun.af. Tr.	Pisc.	2	21	b
12	g	Clare virg.	Pisc.	14.	22	c
13	a	Sol in Virgo	Pisc.	26	23	d
14	b	Eusebius.	Aries	8	24	e
15	c	Assump. Ma	Ari.	20	25	f
16	d	Roch. Mart.	Tau.	2	26	g
17	e	Octa of Lau	Tau.	14	27	a
18	f	9.sun af. Tri	Tau.	26	28	b
19	g	Mag. Mart.	Gem.	9	29	c
20	a	Lewis bish	Gem.	21	30	d
21	b	Barnard con	Can.	4	31	e
22	c	Octa assump	Can.	17	1	f
23	d	Timot. fest.	Leo	0	2	g
24	e	Barth. Apo	Leo	14	3	a
25	f	10.sun af tri	Leo	28	4	b
26	g	Dog day end	Vir.	12	5	c
27	a	Euphin.mar	Virg.	26	6	d
28	b	August bish.	Lib.	11	7	e
29	c	Dec. of Joh.	Lib.	26	8	f
30	d	Felix & Aud	Scor.	11	9	g
31	e	Cutburge.	Scor.	25	10	a

☽ The first quarter the 3. day, 39. min. after 7. of the clocke at night.

○ The full moone the 11. day, 9. min. after 2. of the clocke in the morning.

Bartholom. Apost.

☾ The last quarter the 19. day, 21. min. after 4. of the clocke in the morning.

Septemb. 1622.

● The new moon the 26. day, 51. min. after 11. of the clock in the forenoone.

Now mayst thou Physicke safely take,
And Bleede and Bath for thy healths sake,
Eate Figges and Grapes and Spicery,
For to refresh thy members dry.

1	f	11.sun.af.tri.	Sag.	10	11	c
2	g	Anthony ma	Sag.	24	12	d
3	a	Gregorie.	Cap.	8	13	e
4	b	Tran.of Cut	Cap.	21	14	f
5	c	Herculus	Aqua	4	15	g
6	d	Eugenius.	Aqu.	17	16	a
7	e	Nat. of Ma.	Aqu.	29	17	b
8	f	12.sun.af.tri.	Pisc.	11	18	c
9	g	Gozgon mar	Pisc.	23	19	d
10	a	Pzoth & Jac	Aries	5	20	e
11	b	Marti bish.	Ari.	17	21	f
12	c	Maurice bi.	Ari.	29	22	g
13	d	Sol in Libra.	Tau.	11	23	a
14	e	Exal. Crosse	Tau.	22	24	b
15	f	13.sun.af.tri.	Gem.	4	25	c
16	g	Edith Virg	Gem.	17	26	d
17	a	Lambert bi.	Gem.	29	27	e
18	b	Ember Wees	Can.	12	28	f
19	c	Jannar mar	Can.	25	29	g
20	d	Eustace	Leo	8	30	a
21	e	Mathew Ap	Leo	22	1	b
22	f	14.sun.af.tri.	Virg.	6	2	c
23	g	Eldzea.	Virg.	20	3	d
24	a	Samuel.	Lib.	5	4	e
25	b	Firman. bish	Lib.	20	5	f
26	c	Cipzi & Just	Scoz.	5	6	g
27	d	Colin. & Da	Sco.	20	7	a
28	e	Exuper.	Sag.	5	8	b
29	f	Michael Arc	Sag.	19	9	c
30	g	Hzome pzist	Cap.	4	10	d

☽ The first quarter the 2. day, 17. min. after 2. of the clocke in the morning.

The full moone the 9. day, 46. min. after 4. of the clocke in the afternoone.

Mathew Apostle.

☾ The last quarter the 17. day, 48. min. after 8. of the clocke at night.

Michael Arch.

October. 1622.

● The new moone the 24. day, 23. min. after 8. of the clocke at night.

October hath xxxj dayes.

This Month hote drinkes and meates be good,
To keepe thy health and nourish thy blood.
Prouide warme clothes and go dry,
Thou shalt escape much danger thereby.

1	a	Remegi. bish	Cap.	17	11	d
2	b	Leodigar.	Aqu.	1	12	e
3	c	Candid. ma	Aqu.	14	13	f
4	d	Franc. confe	Aqu.	26	14	g
5	e	Apolinarius	Pisc.	9	15	a
6	f	Faith virg.	Pisc.	21	16	b
7	g	Mar. & Ma	Aries	3	17	c
8	a	Pelagi virg	Ari.	15	18	d
9	b	Terme begi	Ari.	26	19	e
10	c	Gereon vict	Tau.	8	20	f
11	d	Nichasi. ma.	Tau.	19	21	g
12	e	Wilfrid bish	Gem.	1	22	a
13	f	Sol in Scorp.	Gem.	13	23	b
14	g	Calixt. bish	Gem.	25	24	c
15	a	Wolfran bish	Can.	8	25	d
16	b	Mich. moun	Can.	20	26	e
17	c	Ethel. fast	Leo	3	27	f
18	d	Luke Euan.	Leo	16	28	g
19	e	Frioswic. vi.	Virg.	0	29	a
20	f	18 sun. af. T.	Virg.	14	30	b
21	g	Vrsula vir.	Virg.	29	31	c
22	a	Mary Salō	Lib.	14	1	d
23	b	Maglorie.	Lib.	29	2	e
24	c	Tran. of Jo	Sco.	14	3	f
25	d	Crispin & Cr	Sco.	29	4	g
26	e	Floren. fast	Sag.	13	5	a
27	f	19 sun. af. tri.	Sag.	20	6	b
28	g	Sim. & Jude	Cap.	12	7	c
29	a	Narcissus bi	Cap.	26	8	d
30	b	Germā bish	Aqua.	9	9	e
31	c	Quintin fast	Aqu.	23	10	f

☽ The first quarter the first day, 41. min. after 11. of the clocke in the forenoone.

○ The full moon the 9. day, 38. min. after 9. of the clocke in the forenoone.

☾ The last quarter the 17. day, 54. min. after 11. of the clocke in the forenoone.

Simon & Jude.

● The new moon the 24. day, 54. min. after 5. of the clocke in the morning.

November, 1621.

☽ The first quarter the 31. day, 10. min. after one of the clocke in the morning.

Now mayst thou drinke sweete Wines freely,
And vse good mirth and Company:
Abstaine from wrath and all enuy,
And vse thy Brethren Charitably.

1	d	All Saints	Pisc.	5	11	g	
2	e	All Soules.	Pisc.	18	12	a	
3	f	Wenefred.	Aries	0	13	b	● The full moon
4	g	Amancius.	Aries	12	14	c	the 8. day, about 4.
5	a	Powder tre.	Aries	24	15	d	of the clocke in the
6	b	Leonard Ab.	Tau.	5	16	e	morning.
7	c	Wilfrid bish	Tau.	17	17	f	
8	d	4. Crowned	Tau.	29	18	g	
9	e	Theodor M	Gem.	10	19	a	☾ The last quar=
10	f	21 sun af. T.	Gem.	22	20	b	ter the 16. day, 40.
11	g	Martin bish	Can.	4	21	c	min. after midnight.
12	a	Sol in Sagit.	Can.	17	22	d	
13	b	Brice bishop	Can.	29	23	e	
14	c	Trans of Er	Leo	12	24	f	● The new moon
15	d	Macute bish	Leo	26	25	g	the 22. day, 48. min.
16	e	Edmund bi	Virg.	9	26	a	after 3. of the clocke
17	f	22 sun af. Tr	Vir.	23	27	b	in the afternoone.
18	g	Octa Mart.	Libra	8	28	c	
19	a	Elizabeth.	Lib.	22	29	d	
20	b	Edmund Ki.	Sco.	7	30	e	Andrew Apostle,
21	c	Pres. of Ma.	Sco.	22	1	f	December, 1622.
22	d	Cicily virg.	Sag.	7	2	g	
23	e	Clement M.	Sag.	22	3	a	
24	f	23 sun af. T.	Cap.	6	4	b	
25	g	Katherin vir	Cap.	20	5	c	
26	a	Linus bish	Aqua.	4	6	d	☽ The first quar=
27	b	Agricola vir	Aqu.	18	7	e	the 29. day, 31. min.
28	c	Terme ends	Pisc.	1	8	f	after 6. of the clocke
29	d	Saturn fast	Pisc.	13	9	g	at night.
30	e	Andrew Ap.	Pisc.	26	10	a	

December hath xxxj. dayes.

This Moneth as I doe now remember,
The Twentie fiue of this December:
Our Sauiour Christ was borne that day,
That we might praise his Name alway.

1	F	Aduent sonn	Aries	8	11	B	
2	g	Wed. goe our	Ari.	20	12	c	
3	a	Barbarie.	Tau.	2	13	d	● The full moon
4	b	Osmund bish	Tau.	14	14	e	the 7. day, 31. min.
5	c	Sabb. Abb.	Tau.	26	15	f	after 10. of the clock
6	d	Nich. bish	Gem.	8	16	g	at night.
7	e	Octa Andr	Gem.	20	17	a	
8	F	Conc. of Ma	Can.	2	18	B	☾ The last quar=
9	g	Cipri. Abb	Can.	14	19	c	ter the 15. about a
10	a	Eul. Virg	Can.	26	20	d	11. of the clocke in
11	b	Sol in Cap.	Leo	9	21	e	the forenoone.
12	c	Paul bish.	Leo	22	22	f	
13	d	Lucie Virg	Virg.	5	23	g	
14	e	Otholy virg	Virg.	19	24	a	
15	F	3. sun. in Ad	Lib.	3	25	B	Christmas day.
16	g	O Sapient.	Lib.	17	26	c	St. Stephen.
17	a	Lazarus bish	Scor.	2	27	d	St. John.
18	b	Enwer weca	Sco.	17	28	e	Innocents.
19	c	Venet. virg.	Sag.	1	29	f	
20	d	Julian. tau	Sag.	16	30	g	
21	e	Thomas Ap	Cap.	1	31	a	
22	F	4. sun. in Ad.	Cap.	15	1	B	January 1622.
23	g	Victor virg.	Cap.	29	2	c	● The new moon
24	a	Claudy tau	Aqu.	12	3	d	the 22. day, about
25	b	Christmas	Aqu.	25	4	e	3. of the clocke in
26	c	S. Steuen.	Pisc.	8	5	f	the morning.
27	d	John Euan	Pisc.	21	6	g	
28	e	Innocents.	Aries	4	7	a	☽ The first quar=
29	F	Tho. Arch	Ari.	16	8	B	ter the 29. day, about
30	g	Tran. of Jo.	Ari.	28	9	c	2. of the clocke in
31	a	Siluester.	Tau.	10	10	d	the afternoone.

Neue 1622.

A Prognostication seruing for the yeare of our Lord God and Saui- our Iesus Christ. 1622.

Wherein you may ob= serue, the grounds of the alteration and condition of the foure Quarters of this yeare, and also the disposition of the ayre, for each seuerall Moneth. acrording to the inclination of the celestiall bodyes, with the chaunge of the Moone, and the time of the Eclipses: and other necessary obseruations, conuenient in such a worke to be noted.

Calculated, and especially referred, to the longitude and Eleuation of the Pole Artick, of the famous towne of great Yarmouth, in Norfolke, and may serue indifferently for all England.

Collected and published by Ieffery Neue, Gent.

A neceſſary rule to know the beginning & ending of euery Terme, with their Returnes.

℣ Hillarie Terme beginneth the 23. date of January and endeth the 12. of Febzuary, & hath foure returnes

Octabis Hillarij. } { Craſtino Purifica.
Quind. Hillarij. } { Octabis Purifica.

℣ Eaſter Terme beginneth 17. dates after Eaſter, and endeth the monday next after Aſcenſion date, and hath fiue Returnes.

Quind. paſchæ. } Menſe paſchæ. { Quinque paſchæ.
Tres paſchæ. } { Craſti Aſcenſion.

℣ Trinitie Term beginneth the Friday next after Trinity ſunday, and endeth the wenſday foztnight after, and hath foure Returnes, that is to ſay.

Craſti Trinitatis. } { Quind. trinitatis.
Octabis Trinitatis. } { Tres trinitatis.

℣ Michaelmas Terme beginneth the 9. day of October, and endeth the 28. of Nouember. And hath 8. Returnes, that is to ſay.

{ Octabis Michael. / Quind. Michael. / Tres Michael. / Menſe Michael. } { Craſt. Animarum. / Craſt. Martinij. / Octabis Martinij. / Quind. Martinij. }

℣ Note alſo that the Exchequer openeth eight daies befoze any Tearme beginne, except Trinity Tearme, in which it openeth but foure daies befoze.

℣ On theſe dayes following, the Judges ſit not at Weſtminſter.

In { Hillary / Eaſter / Trinity / Michaelmas. } Terme, on { Candlemas / Aſcenſion / Midſomer. / Alholland } day

Certaine profitable Rules and briefe obſeruations, concerning Husbandrie.

The beſt time to ſow all kinde of Corne, is when the moone goeth her courſe in Cancer.

The beſt time to plant and Graft, when the moone is in a fixed ſigne, eſpecially in Taurus, Aquarius, and in the increaſe of the moone, which is betweene the change and the full.

To ſet or ſow all kind of ſeeds, the moone beeing well ſeated in Aries, Taurus, Cancer, Virgo, Libra, Capricornus, Aquarius, or Piſces.

Fell Timber to build withall, when the moone is towardes the laſt quarter, ſhee being then in Aquarius, or Piſces.

Crop trees and fell wood to burne, that the ſtocks may the better and ſooner grow again, when the moon is in the firſt quarter.

Remoue and ſet young trees in the laſt quarter of the Moone, in Taurus or Capricornus, and that in the moneths of September, October, Nouember, and Februarie.

The beſt time to geld Cattell, the moon being in Aries, Sagittarius, or Capricornus.

The beſt time to cut Vines, is in Februarie or March, the moone increaſing, in Taurus. Virgo, or Libra.

The beſt time to ſheare ſheep, is in the increaſing of the moone, and that is from the change to the full.

To cut haire, that it may the ſooner grow againe, the moone increaſing, in Taurus. Virgo, or Libra.

To mucke your land, that the weedes may not growe thereby, is in the decreaſing of the Moone, that is, from the full to the change.

Of the Eclipſes which ſhal happen this preſent yeare of our Lord God, 1622.

THere ſhal appeare and be preſented to the view of the inhabitants, (vpon this our Terreſtiall Globe) this yeare, two great eccliples, both of the ſunne, but neither of them ſhall be manifeſted or ſeene in our Horizon.

The firſt great eccliple of the bright Globe of the ſun, ſhall apparantly be ſeene on the 30. of Aprll, according to our account, but in the reformed yeare, the 10. of May: both the Luminaries then being coniuncted in the 19. degree and 10. minutes of Taurus, or there about not farre from Cauda Draconis, in a ſigne of the partition of the earthly Tripliciry, naturally cold and dry, of complexion melancholly, feminine, nocturnal, fixed, Meridinall, ouerthwart aſcending, the houſe of Venus, her owne exaltation, gouernor of the necke and throat, and in a peragration or Manſion that is moyſt. The Digits or degrees eclipſed, is 11. and 20. minutes. The duration of this obſcuration ſhall continue from the beginning to the ending, two houres and 36. minutes vnto the Inhabitants which are ſituate in the vttermoſt Weſterne parts of Africa, which is betweene the Equinoctiall line, and the Tropicke of Cancer, which is certaine Ilands called S. Lucie, S. Nicolas, S. Anthony, with the adiacent region adioyning, which in regard it is ſo farre remote, I leaue to make any further relation thereof.

The ſecond great and fearefull Eclipſe of the ſunne, will be obiected vnto the view of the people, which do inhabite in the vttermoſt parts of the Eaſt Indies, which is Calecutiens, Malaccens, Narſingens, Sumatra, Iana Maior, and the abordering Ilands, &c. This aforeſaid Eccliple, ſhall happen on the 24. of October, after our Computation, but according to the reformed yeare on the 3. of November, at which time both the great lights of heauen ſhall be coniuncted, in the 10. degree and 18. minuts of Scorpio, neare Caput draconis, in a ſigne

of the watery triplicity, cold and moyſt, &c. The points or degrees eclipſed, are 12. and 20. minutes, the totall duration will be 2 houres. and 14 minutes.

The great Coniunctions of great Starres,
the Eccliplſe of Sunne and Moone,
Doth threate great dearth, great death, and Warres,
if we repent not ſoone.
Now God aboue, and wrath aboue,
and heauen aboue relent:
And man beneath, and ſinne beneath,
and earth beneath, Repent.

Briefe Rules and neceſſary obſeruations, concerning Bleeding, Bathing, Purging, and Sweating, according to the motions of the Moone.

WHen the weather is eyther extremely hot or cold, it is not then conuenient, eyther to let blood or to purge, vnleſſe ſome great neceſſity do require it: yet notwithſtanding if this blood-letting be for the Phrenſie, the Apoplexie, the Peſtilence, and Pluriſie, the Squinacie, the continual head-ache, proceeding of Choller or blood, or for any hot burning Feuer, or other extreme paine, a man in ſuch a caſe may not tarry a choſen time, becauſe the patient might miſcarry in the meane ſeaſon. But incontinently with all ſpeed he is to ſeeke remedy this way, vnleſſe either himſelfe be very weake or like to ſwound, or the Moone bee in the ſame ſigne, that ruleth that very part of the body. But in this foreſaid caſe of extremity, blood is not to be let in ſuch quantity as otherwiſe it would, if a choſen time might conueniently be expected.

The beſt time to let the Phlegmaticke bloud, is when the Moone is in Aries, or Sagittarius, the head and thighes excepted.

For the Melancholly, the Moone being in Libra or Aquarius, the buttocks and legs excepted.

For the Cholericke, the Moone being in Cancer, Scorpio, or Pisces, the breast and feete excepted.

For the Sanguine, al be good which before is named. In the spring time let blood at the right side. In Haruest time let blood at the left side.

For Bathing.

BAthings are commonly vsed rather for pleasure then for profite, especially where hot-houses are ouermuch haunted: but I minde not to speake of them in this place, otherwise then to aduertise those that tender their owne health, to be wary and circumspect in resorting vnto them without iust cause, & immediately after, or with such persons as be vncleane. Know that it is not good to bathe when the Moone is in earthly signes, as in Taurus, Virgo, or Capricornus: the reason is because they are of a colde and dry nature, and the nature of cold is to restraine and binde: and so the moone being in these signes, the Pores of the body are closed and shut, so that there can be no resolution of humors and superfluities, which by bathing, ought to be auoyded.

But in fiery signes, as when the moone is in Aries, Leo, or Sagitarius, then it is a good time for Bathing, for then the body is apt to resolution, for it is the nature of heate to open and resolue.

It is best bathing two or three dayes after the change, and at the full of the moone: for then the superfluities are ready to auoid, and disposed to flowe and issue out, which indeed is the very end and vse of bathing. If any will enter into the Bath, only for cleannesse sake, let the moon be in Libra or Pisces.

Further, if bathing be vsed for health, let the party greeued, learne of the wise Physitian, whether his sicknesse hath need of moystening, or drying: for if it doth require moystening, as in Pthisis, and such like, then let him bathe in watery signes, hauing good aspects of Iupiter and Venus. But if the sicknesse require drying, as in paralysis, and the like, then let him bathe, the moon being

being in fiery signes, having good aspects of Mars and the Sunne.

Also, before you enter into any Bath, your body must be purged: for if you go in vnprepared and vnpurged, peraduenture you may be worse after, then before.

The best time of the yeare to bathe in, is the Spring and Harueſt, and in them the months of May and September. The best time of the day to go into the Bath, is an houre after the Sun rising at the least, alwayes prouided, that you must walke either an houre, or halfe an houre before, & haue a stoole either by nature or by art. Ye must couer your heads well, so long as ye be in the bath and beware you drinke no cold drinke, although you be very thirsty, but forbeare all things that bee colde, lest when ye are hot within, the cold strike suddenly into some principall member, and so hurt you.

The time of tarrying in the bath, is commonly one houre, but it may be more or lesse, according to the nature of the bath, or sicknesse of the party, at the discretion of the wise Physition.

For Purging.

In purging, these 5. things ought to be knone
1. The humor which aboundeth.
2. The best way to auoid it.
3. The strength of the person.
4. The manner of the sicknesse.
5. The force and nature of the medicine.

For when these things are not considered and obserued, many perilous accidents may follow, and greatly grieue and hurt the body.

Good signes for purging generally, are cancer, scorpio, and pisces.

Particularly, as with potions or drinkes, in scorpio.
Purge with electuaries, the Moone being in Cancer.
Purge with pils, the Moone being in Pisces.
Take preparatiues, the moone in Gemini, Libra, or Aquarius.
Take vomits, the moone in Aries, Taurus, or Capricorne.
Take gargarises, the moone in Aries, Cancer, or Capricorne.

Take

Take glisters, the moone in Libra, or Scorpio.
To prouoke neesings, ꝑ moone in Cancer, Leo, or Libra,
To stoppe fluxes, rheumes, and laxes, the moon being in Taurus, Virgo, or Capricornus.
Good to comfort the vertue attractiue, the moone in Aries, Leo, or Sagittarius.
Good to comfort the vertue digestiue, the moone in Gemini, Libra, or Aquarius.
Good to comfort the vertue retentiue, the Moone in Virgo or Capricornus.
Good to comfort the vertue expulsiue, the moone in Cancer, Scorpio, or Pisces.
For vsing of vnguents or plaisters, it is best applyed when the moone is in that signe which gouerneth the same member, or part of ꝑ body, to whichit is appliable.

For Sweatings.

Sweatings, as they are of two sorts, that is to say, naturall and artificiall, so they are vsed for two ends & purposes: the naturall sweate, if good heed be taken in opening of the pores, will dissolue grosse & thicke humors, will cleanse the blood, will comfort the spirits, will put away colde, will consume rawe humors, qualifie and quench raging feuers, will helpe numnesse & the dropsie. The artificiall sweate will cleanse scabs, put away itch, amend dulnesse in hearing, ease the stone, resolue congealed and cold melancholy bloud and humors, &c. But for the better performing and effectual working in these causes the counsell of the learned Physitian is to be desired and vsed.

The best and meetest signes to sweat in, are Leo, Aries and Sagittarius, and that two or three dayes after the chaunge, and at the full of the Moone. And note that sweatings is better to be done at the euening, then in the morning: for when the body hath nourishment within, the spirits shall not bee drawne vtterly forth, to the extreme parts. Note further, that leane and dry folkes, or feeble persons, must sweat little, for it will hurt thē much: but fat folkes may sweat well, & it will helpe thē much.

¶ A Deſcription of the foure quarters of this yeare of our Lord God, 1622.

Of Winter.

VVInter (which is ỹ cheefe capital foe foꝛ the ſpꝛing, the diſgrace of Summer, and the dæpe deuourer of the fruitfull Haruеſt) began to take his effects (accoꝛding to our vſuall computation) the 12. of December, in the yeare afoꝛe-going, at the firſt entering of the Sun into the firſt minute of the ſigne Capꝛicoꝛnus, at which time, the Sun ſhal be at his greateſt ſouth declination from the equinoctiall line, ſo that he riſeth ſouth-eaſt, and ſetteth ſouth-weſt. Now is the hiemall oꝛ winter ſolſtice, foꝛ the Sun is ſo farre remoued from our Zenith oꝛ vertical point, that he cannot decline any further, and ſtands at a ſtop and ſtay, and then is the ſhoꝛteſt day in all the yeare & longeſt night: and ſo this quarter doth continue vnto the 10. of March next enſuing.

This ſeaſon is by nature cold and moiſt, vnpleaſant foꝛ the moſt part to trauellers, eyther by land oꝛ ſea, & vnto aged perſons it is verꝛy combꝛous and noyſom, cauſing ſuperfluity of rawneſſe, and abundance of cold moiſtneſſe to ouerflow their bodies, to their great trouble & diſquietnes, &c. The diſeaſes oꝛ ſickneſſes of this ſeaſon are like to be many Quotidian Agues, Coughs, rheumes, Hoarſnes, with many other diſeaſes incident to this time of the yeare.

Thus will the *Starres* if God aſſent,
Whoſe power alone can al preuent.

Of the Spring.

THe Sun (which is the eye of the world, the fountain of light, and the cheefe moderatour of all the reſt of the lights) hath like a Gyant run his race, and finiſhed his reuolution, (Gradatim) throughout the 12. ſignes, and now beginneth his iourny afreſh againe, and goeth an eeuen courſe, and ſo becomes an indifferent arbiter betweene the day & night, and maketh an equality thꝛough-
out

out his whole gouernment, to the great ioy and comfort of all his reuiued subiects, chearing with his splendant countenance, the poore afflicted weather-worne weedes of this our darke starre of mortality, (which the darkned countenance of winters extremity had almost subdued) with his most excellent presence, wherat the earth begins to smile, and to put on her new apparrell, the flotishing liuery of fresh Flora.

This season is naturally hot and moist, the most temperate time of the yeare, and least breeder of sicknes that doth procure death, & a very conuenient time for the remouing of sicknesses and greefes gotten before, and also to auoid and preuent those that are to come: for now the dull senses and spirits of men and other Creatures, are quickened and reuiued, and therefore the humours which do abound and are readiest to represse nature, are fit to be emptied and auoyded, whether by blod letting, purging, or otherwise, as the learned Physitian shall aduise, and as the cause of the disease shal require. Such therefore as be diseased, let them not neglect this time.

Sundry sorts of diseases this quarter, are supposed to happen, many doubtfull Feauers, Plurisies, inflammations of the Liuer, with other distemperatures, proceeding from the corruption of the blood, which the lord of his goodnes keepe from vs, Amen.

Infections from the starres may fall:
But one aboue doth stay them all.

Of Summer.

SUmmer the third part of our vulgar yeare, according to our vsuall computation, beginneth now when the Sun hath fully determined the Spring time with his last Grade of Gemini, and hath mounted in his motion to the highest point of his course, namely to the first degree of Cancer, which will be this yeare on the 11. of June. Now is the second solstice of the yeare, called the Estiual or sommer solstice: for euen as the sun when he entreth into Capricorne hath his greatest south declination from the equinoctial line: so now at his ingresse into the beginning of Cancer, hee hath his greatest declination towards the North from the said equinoctiall

line

line: and euen then as at the time of the winter solstice, he was so far remooued from our vertical point that he could moone no further towards the South, and was therefore to approach againe towards our North latitude, at which time he seemeth to stand: so nowe being come so neere our Zenith, that he cannot moue no further towards the North, and is therefore to reuert againe towardes the South latitude, at his first going from vs, he seemeth to stand also: Insomuch that euen as before at his returne towards vs, hee made with vs the shortest day and longest night in the yeare: so nowe at his returne from vs, he maketh contrarywise ỹ longest day and shortest night in the yeare: and afterward declineth more and more from vs, like as before he moued more and more towards vs.

This season according to his proper nature is hot & dry, turning the humours of mens bodyes from coldenesse and moysture, into hotnesse and drinesse, resembling the Element of fire, and complexion of Choller, bringing all fruites to their ripenesse, Cattle to their fatnesse, and men to their wealth.

The infirmities of this season are supposed to bee hot burning Feauers, diuers inflamations, immoderat sweats, and such other diseases as proceede of the heate of blood and Choller, &c.

Though Starres encline to worke vs ill,
All shall be as the Maker will.

Of the last quarter called Autumne.

AUtumne, according to our accustomed Computation, the last quarter of this yeare, beginneth at the Sunnes departure from the last scruple of Virgo, into the first degree of the second equinoctiall signe Libra, the which will be this yeare on the 12 of September, the day and night being of an equall length as in ỹ spring: At which time is the Autumnall Equinoctiall. For euen as at the Sunnes entrance into Aries, the day by increasing from the winter Solstice till then, came to be equall with the night, going on still more and more, till the summer solstice, when was the longest day and shortest night. So now the night by increasing from ỹ

Esti-

Estiuall solstice to this the suns ingredience into Libra, hath got to bee equall with the day, and shall encrease more and more till the Brumali solstice come againe, when the night is longest, and the day shortest: this time is of it selfe vnconstant and variable, warme in the day time, and cold in the night.

This quarter because of the inequality of temperature, may as Hippocrates saith, be called the Mother or nurse of deadly sicknesses. And Galen saith, that this time is most perillous: for whatsoeuer hath beene euill in the seasons before, and because of the euill of the ayre in the hot Summer, it will giue great force to the pestilence or pestilentiall Feuer.

The diseases incident to this quarter, are palsies, dropsies, hemeroides, gouts, obstructions in the splene, & liuer vnconstant feuers, with other melancholly diseases, which I at this time omit. God Almightie who onely knoweth what shall come to passe, turne all euils from vs, Amen.

Thus euery Planet in his kinde.
Is to performe the Almighties minde.

¶ *A declaration of the inclination and disposition* of the weather and winds, according to the diuers motions and influences of the Erraticall & fixed starres: with the day, houre, and minute of the change of the Moone, her full, & quarters: and also of the rising and setting of the Sun, in euery seauenth day of euery month of this yeare of our Lord God, 1622.

¶ Of Ianuary.

Day	The sunne riseth.	The sunne setteth.
1	howre 8 and 3 minuts	howre 3 and 57 minuts.
7	howre 7 and 56 minuts	howre 4 and 4 minuts.
14	houre 7 and 46 minuts	howr 4 and 14 minuts.
21	houre 7 and 34 minuts	houre 4 and 26 minuts.
28	houre 7 and 23 minuts	houre 4 and 37 minuts.

New Moone, the 1. day, 21 min. after 5. of the clocke at night, ouercasting cloudes for moisture.

First quarter the 9. day, 43 min. after 5. of the clocke at night, apt for the season.

First

Full moone the 17, day, 9 minutes after 6. of the clock in the morning seasonable and temperate.

Last qu the 23 day, 21 min: after one at night.

New Moone the 31 day, 58 min: after 9 of the clock in the forenoone, subiect to moisture.

Januaries Abstract.

In this Moneth of January let not bloud, neither vse but little phyſicke, except necessity constraine thee, and beware of taking cold, for in this month, Rheumes and Flegme do much increase: to fast long is hurtfull, but to drinke white wine fasting is good and wholesome: vse meats that are naturally hot moderately, & weare warm cloaths.

In worldly business this month you may set all kind of common fruit-trees, as Pears, Plums, Cherries, Filberds, Walnuts, and such like, Haw-thornes, and al sorts of quicke-sets, trees, or Plants, are fittest to be generally set, from the change to the first quarter.

Take away the Mosse and superfluous branches from your trees, & this month it is good to set Beanes, pease parsneps Radish, Leekes, Garlike, Turneps, and Onions, if the weather be mild, and the moone past her ful. You may begin to Graffe at the end of this month, so as the moone be increasing in her light.

Good husbands also this month, crop their Trees, fell Timber, and geld their Cattell, such as must be gelded, the state of the moon alwaies considered.

¶ Of February.

Day	The Sun riseth.	The Sun setteth.
1	hou. 7 and 13 min.	houre 4 and 47 min.
7	hour 7 and 4 min.	houre 4 and 56 min.
14	hou. 6 and 50 min.	houre 5 and 10 min.
21	hou. 6 and 34 min.	houre 5 and 26 min.
28	hou. 6 and 22 min.	houre 5 and 38 min.

First quarter the 8 day, about two of the clock in the afternoone, winterly weather.

Full moone, the 15 day about 5 of the clocke in the afternoone some stormes and rufling like.

Last

A Pognostication.

Last quarter the 22 day, about 8 of the clocke in the morning, fitting the season.

Februaries Abstract.

In this Moneth of February, all slimy Fish, Milke, or Rice and such like, that do oppilate or stop the Liuer and veines, or thicken the blood, are to be eschewed as enemies to health: also yet forbeare Phisicke and letting of bloud, except great necessity do constraine it, and learned counsell do aduise it. Beware of taking cold, for now are Agues apt to be taken, and it is very ill to take heats, and afterwardes sodain cold vpon them.

In this month, is the most apte time to graft, to plant, and to set all kind of trees and bushes, the winde & weather, and age of the moon afore-hand considered. Pease, Beanes, Hastings, Onions, Parsneps, and such like, as in January may very fitly bee set in the wane of the Moone. The time is now to trim vp Gardens, to set and sow all kindes of Kitchen hearbs, to set slips, and to sow Kernels, to sow Mustardseed and Oates, to set hops and Vines, and to cut and prune them, and to sticke vp your rounciuall Pease and Hastings.

¶ Of March.

Day	The Sun riseth.	The Sun setteth.
1	hou. 6 and 20 min.	houre 5 and 40. min
7	hou. 6 and 8 minut	houre 5 and 52 min
14	hou. 5 and 54. min.	houre 5 and 6 min
21	hour 5 and 40 min.	houre 6 and 20 min
28	hour 5 and 26 min.	houre 6 and 34 min

New moone the 2 day, 46 min. after 3 of the clocke in the morning, inclined to moysture.

First quarter the 10 day, 39 minuts. after 6. of the clocke in the morning, stormy & vnconstant.

Full moone the 17 day, 25 min. after 2. of the clocke in the morning, stormy and vnconstant.

Last quarter, the 23 day, 46 min. after 7 of the clocke at night, windy and stormy.

New

New moone the 31 day, 9 min. after 9 of the clocke, at night, answerable to the season.

Marches Abstract.

In this Moneth of March, the humours of mans body begin to increase: and nowe grosse feeding breedeth grosse blood and grosse humors: and therefore vse meats of good digestion & such as breed good iuyce: It is a good time to purge and clarifie the blood, by potions, Bathings, and Bloodletting, or such other waies, as the learned Phisition shall appoint, and as the cause of the disease shal require Now also sweet meates and drinkes are commendable.

The time of grafting as yet indureth, together with setting, sowing, proining, and plashing, of Vines, Hoppes, Willowes, Dates, field-pease, Onions, and Parseneps, and such like, &c.

¶ Of Aprill.

Day	The Sun riseth.	The Sun setteth.
1	hou. 5 and 18 min.	houre 6 and 42 min.
7	hour 5 and 6 min.	houre 6 and 54 min.
14	hou. 5 and 54 min.	houre 7 and 6 min.
21	hou. 4 and 39 min.	houre 7 and 21 min.
28	hou. 4 and 29 min.	hour 7 and 31. min.

First quarter, the 8, day, 37, minutes after 7 of the clocke at night inclined to raine.

Full moone, the 15. day, 51 min. after 10 of the clocke in the forenoone, some shewers.

Last quarter the 22. day, 32 min. after 9 of the clocke in the fore noone, apt for the time.

New moone, the 30. day, 21 min. after one of the clock in the afternoone, vnconstant.

Aprils

Aprils Abſtract.

In this Month of Aprill, the Pores of men are opened, and are apt to receiue Phiſicke: and they that refuſe the ſame, I commit them to the benefite of Nature, for of all times of the yéere, this is the beſt time to preuent cauſes of ſicknelles, or for ſpédy remedie in extreamities: for now nature her ſelfe dooth renew ſtrength through all the body. So where ſickenelle happeneth, ſhee ſone vnburdeneth by the meanes of Phiſicke: wherefore what it cannot doe now, hereafter it will hardly be done, therefore take time whilſt time is, &c.

As yet you may graft and proine Vines, alſo ſet Melons, Cowcumbers, Citrons, Hartichokes, and pole vp Hops, ſow Barley, Tanners apply themſelues to Barking of trees, &c.

Of May.

Day	The Sun riſeth.	The Sun ſetteth.
1	hou. 4 and 23 min.	hour 7 and 37 min.
7	hou. 4 and 15 min.	hour 7 and 45 min.
14	hou. 4 and 5 min.	hour 7 and 55 min.
21	hou. 3 and 56 min.	houre 8 and 4 min.
28	hou. 3 and 50. min.	hour 8 and 10 min.

Firſt quarter the 8. day, 48. minuts after 4 of the clock in the morning, anſwearable to the ſeaſon.

Full moon, the 14 day about 7. of the clocke at night rainie ſhewers.

Laſt quarter the 22. day, 8. min. after one of the clock in the morning, ſome ſhew of rayne.

New moon the 30. day, 34 minutes after 3 of the clock in the morniug, fitting the ſeaſon.

Moues

Mayes Abſtract.

In this month of May riſe early, for May doeth not loue any ſluggards. And let ſuch as be in health and able, walke into the fieldes, and to eate and drinke a little betimes is good and wholeſome: abſtaine from al meats as bee of a hot nature. And for ſuch as be ſicke, it is a very good time to be let blood, or to take phyſick. Such as be whole God keepe them in health, and ſuch as be ſicke, God ſend them good Phyſitians and Phiſicke.

The time is fitting now to ſow Baſill, Marierom, & ſuch like fine ſeeds as before might not bee ſown, becauſe of the weather for coldneſſe. Set Sage according to the Prouerbe, ſet Sage in May & it will laſt alway. Sow flax and Hemp, ſet Hartichoakes, weede your Hops and Gardens, ſee to your Grafts, y no ſuperfluous branches trouble them: May dew, Roſemary flowers, and Beane flowers, may at your pleaſure be diſtilled this month, and now alſo haue a care of watching of your Bees.

¶ Of Iune.

Day	The ſunne riſeth.	The ſunne ſetteth.
1	howre 3. and 49. min.	howre 8 and 11 minuts.
7	howre 3. and 46. min.	howre 8 and 14 minuts.
14	howre 3. and 47. min.	howre 8 and 13 minuts.
21	howre 3. and 49. min.	howre 8 and 11 minuts.
28	howre 3. and 52. min.	howre 8 and 8 minuts.

Firſt quarter the 6 day, about 11. of the clock in the forenoone, fitting the ſeaſon.

Full moone the 13 day, 48 minu: after 3. of the clocke in the morning, cloudy and vnconſtant.

Laſt quarter the 20 day, 48 minutes after 5. of the clocke in the afternoone, temperate.

New moone the 28. day, 48 minutes after 3. of the clocke in the afternoone, ſtormy and vnconſtant.

Iunes Abſtract.

In this Moneth of June, if thou muſt needes vſe Phyſick, take it early in the Morning, that it may haue wrought before the heat of the day,

and vse a light and thinne dyet, for the stomacke is not so able to digest as in winter, or some other of the former Monthes. It is very good and conuenient for some to drinke clarified Whay, boyled with cold Hearbes, and to abstaine from violent exercises.

Distilling of Roses, making sirrops and conserues are now in the prime. Now gather such hearbs as you meane to keepe all the yeare, but be sure you dry them in y shade: Good Husbands and huswiues are now weeding of the Corne & Gardens, others shearing their sheep. The time serues to set Rosemary and Gillowflowers. Take heede now of cutting of either hedge, tree, or herbs, with knife, but rather gather them with your fingers. Now may you set Saffron, carry out compost, make Hay, rid Gardens of Snailes, Ants, or Pismires, &c.

Of Iuly.

Day	The Sun riseth.	The Sun setteth.
1	hou. 3 and 54 min.	houre 8 and 6 min,
7	hou. 3 and 59 min.	houre 8 and 1 min,
14	hou. 4 and 7 minut	houre 7 and 53 min,
21	hour 4 and 20 min.	houre 7 and 40 min.
28	hour 4 and 30 min.	houre 7 and 30 min.

First quarter the 5. day, 27 minuts after 3. of the clock in the afternoone, vnconstant.

Full moone the 12. day, 55 minuts after one of the clock in the afternoone, increasing cloudy for moisture.

Last quarter the 20. day, about 11. of the clocke in the forenoone, soultry hot.

New moone the 28. day, 23 minutes after 2 of the clock in the morning, pleasant hot weather.

Iulies Abstract.

In this month of July, vse cold hearbs, and cold meats, sustain no great thirst, for feare of breeding of Agues and pestilence, abstaine from physick and extreame exercises. And now the riuers are more wholesome then the

Bathes,

Baths. Let the Sunne be vp before you walke abroade, and take heed of filthy gutters, and stinking lanes. In the time of any plague or pestilence, keep your chamber windowes close shut, aswell all nights, as also in close, foggy, and moist daies, opening them when the sun hath force of shining, and bee sure to perfume your Chambers euery euening, with Mastiche or Frankinsence, or with Tarre put vpon a Chasing-dish of Coales, then which nothing is better, and let them vse Cardans Benedictus, boyled and drunke fasting.

May harueſt now calleth slacke husbands to worke, and such as haue leisure, it is good to fallow for wheat, and to carry out soile, and to gather seeds and flowers to keepe all the yeare, and to dry them in the shade, till they be almost dry, and then set them a while in the sun, that they mould not: and in like manner may you vse your hearbs.

¶ Of August.

Day	The Sun riseth.	The Sun setteth.
1	hou. 4 and 36 min.	houre 7 and 24 min.
7	hou. 4 and 48 min.	houre 7 and 12 min.
14	hour. 5 and 0 min.	houre 7 and 0 min.
21	hou. 5 and 16 min.	hour 6 and 44 min.
28	hou. 5 and 27 min.	hour 6 and 33 min.

First quarter, the 3 day 39. min. after 7. of the clocke at night, inclined to moisture.

Full moone the 11. day, 9. minutes after 2. of the clocke in the morning answerable for the time.

Last quarter the 19 day, 21. minutes after 4 of the clock in the morning, ouer-casting clouds.

New moone the 26. day, 51. min: after 11 of the clocke in the forenoone, very temperate.

Augusts Abstract.

In August moderate diet is good Phisicke, for now it is very dangerous to surfeit: and take good heede of heates and then colds, for nothing sooner engendereth Pleurisies. And vse not to sleep much, and especially after noone, for making oppilations, and for auoyding of

Agues, and the Headach, and Catharres. And let a man abstaine from phisick this month, except great necessity compell him.

Now Lady Ceres lookes to haue men enough to attend vpon her, and he that wil not now bestir him to gather in wheat, is well worthy to eate browne Bread at Christmas. They that would haue good seeds for their Garden the next yeare, must now gather of their own, lest in buying abroad, they loose both their mony, fruit, and labour. And such as desire to haue Lettice, or other Herbes for winter, may commit seeds to the earth now in the increase of the Moone.

¶ Of September.

Day	The sunne riseth.	The sunne setteth.
1	howre 5 and 34 minu.	howre 6 and 26 minutes
7	howre 5 and 46 minu.	howre 6 and 14 minutes
14	howre 6 and 2 minuts	howre 5 and 58 minutes
21	howre 6 and 16 minu.	howre 5 and 46 minutes
28	howre 6 and 28 minu.	howre 5 and 32 minutes

First quarter the 2. day, 17, minutes after 2. of the clocke in the morning, seasonable and temperate.

Full Moone the 9. day, 46. minuts after 4. of the clock in the afternoone, some overcasting clouds.

Last quarter the 17 day, 48 minuts after 8 of the clock at night, apt for the time.

New Moone the 24, day, 43 minutes after 8 of the clock at night, inclined to moisture.

Septembers Abstract.

In this month of September, such as haue need may safely take Phisicke, and also may bath and bleede. In this month all things are in their pyper vertue. And such fruits as are ripe, and not infected, are good to eat, for such as haue good stomacks.

The time is good to make conserues of Barberies and Quinces, winter hearbs must be now sowne, likewise is the time to set Hartichokes, Rose-trees, Apples, Pears, wardens, Strawberries, Violets, Gillowflowers. Apples are to be gathered at the full of the moon, sow Parsneps, and in dry weather gather your Hops. Good husban-

bandry is sowing Rie and Wheat, and good husewifery: is making of Verjuyce, and plucking of Hemp. &c.

¶ Of October.

Day	The sunne riseth.	The sunne setteth.
1	howre 6 and 34 minu.	howre 5 and 26 minuts
7	howre 6 and 46 minu.	howre 5 and 14 minuts
14	howre 7 and 0 minuts	howre 4 and 0 minutes
21	howre 7 and 15 minu.	howre 4 and 45 minuts
28	howre 7 and 26 minu.	howre 4 and 34 minuts

First quarter the 1 day, 41 min. after 11 of the clocke in the forenoone, seasonable.

Full moone the 9. day, 38. minutes after 9. of the clock in the forenoone, stormy and vnconstant.

Last quarter the 17 day 54. minuts after 11 of the clocke in the forenoone, subiect to some storme.

New Moone the 24 day, 54 min. after 5 of the clock in the morning, some fall of moysture.

First quarter the 31 day, 10 minutes after 1 of the clocke in the morning, inclined to moysture.

Octobers Abstract.

In this month of October, thou mayst take Phisicke, and also bleed and bath if occasion serue, vse hot meates, and drinke any good wholesome wines to nourish good blood: and beware of taking colde, because the Quartain Ague wil be apt to be taken, and such other dangerous diseases.

Remoue young Trees, as Apples, Peares, Quinces, Roses, &c. Set Peale, Parsneps, &c.

Good Husbands need not be hasted to sowing of Wheat, set Nuts, Acornes, and Filberds, and to doing of such good husbandry.

¶ Of Nouember.

Day	The sunne riseth.	The sunne setteth.
1	howre 7 and 33 minuts	howre 4 and 27 minuts
7	howre 7 and 42 minuts	howre 4 and 18 minuts
14	howre 7 and 52 minuts	howre 4 and 8 minutes
21	howre 8 and 3 minutes	howre 3 and 7 minuts
28	howre 8 and 9 minutes	howre 3 and 51 minuts

Full moone the 8. day, about foure of the clocke in the morning cold and cloudy.

Last quarter the 16. day, 40. minuts after midnight, apt for the season.

New Moone the 22. day, 44 minuts after 3. of the clocke in the afternoone, reasonable temperate.

First quarter the 29. day, 31. min. after 6 of the clocke at night, inclined to moysture.

Nouembers Abstract.

In Nouember finish the Phisicke that yee meane to take, and so rest till March, except som great necessitie compell thee: vse good meats and wholesome Wine to nourish thy blood: prouide thee warm clothing, and go dry of thy feet, or else make sure account of rheume & Rose besides some other inconuenience that wil ensue. Beware of the hot house this month, and vse Betony and Cinamon in drinke.

In the new Moone, you may remoone young trees as in the last month, and set Crab-tree stockes to graft vpon, when you please. It is also a good time in the wane of the moone, to set Pease, Beans, and if the weather be not too hard, it is good sowing of parsneps, good making of Malt, and killing of Beues & Swine.

¶ Of December.

Day	The sunne riseth.	The sunne setteth.
1	howre 8 and 12 minu.	howre 3 and 48 minutes
7	howre 8 and 14 minu.	howre 3 and 46 minutes
14	howre 8 and 15 minu.	howre 3 and 45 minutes
21	howre 8 and 12 minu.	howre 3 and 48 minutes
28	howre 8 and 7 minu.	howre 3 and 53 minutes

Full moone, the 7 day, 31 minuts after 10 of the clocke at night, winterly weather.

Last quarter the 15. day, about 11 of the clocke in the forenoone, frosty and cold.

New moone the 22. day, about 3 of the clocke in the morning, cold and cloudy.

First quarter the 29 day, about 2. of the clocke in the afternoone, answerable for the season.

Decem:

Decembers Abſtract.

In this month of December, keepe thy body and head from cold, and eate ſuch meates as be of a hot quality, abſtaine from phyſicke, and let thy kitchin be thy Apothecary, warme cloathing thy Nurſe, merry company thy keepers, and good hoſpitality thy exerciſe.

Remoue trees and bushes as aforeſaid in Nouember, if the weather proue not extreme. In the wane of the Moone, ſet Beans & Peaſe, and thoſe herbs that cannot endure the cold, couer them with ſtraw, or other proui-ſion, from the froſts and ſnow. Finally, thus ending the old yeare, let vs repent vs, and forſake our old ſins, and leade new liues, all the daies of this miſerable and tranſitory life, that in the ende, we may be tranſlated into euerlaſting ioy and happineſſe, through Jeſus Chriſt our Sauiour, who be praiſed for euer and euer, Amen.

Soli ſapienti Deo, Gloria.

FINIS.